

## **Rhinoplasty – Post-operative Instruction Sheet**

### **Activity:**

- Do NOT lift objects >15 lbs. for one week
- Do NOT bend over at the waist if possible
- Do NOT blow your nose; if you need to clear your nose, sniff back and spit out
- Do NOT bump your nose
- Avoid strenuous activity that will increase your heart rate or blood pressure for one week

### **Diet:**

- Ok to resume your regular diet
- Drink plenty of clear fluid

### **Wound care:**

- Use nasal saline spray every 3-4 hours (3 sprays in each nostrils) to keep the nasal cavity moist. This will avoid build-up of crusting and mucus on the septal splints.
- Use peroxide on q-tip to gently clean the sutures, then apply antibiotic ointment (e.g. bacitracin or Neosporin) twice a day
- Keep the external nasal cast as dry as possible, avoid direct contact with water, if you take a shower, keep your face away from the shower head

*If you are experiencing significant nose bleeds (e.g. soaking through a gauze pad in less than 20 minutes) please use Afrin (oxymetazoline) nasal spray – 3-4 sprays to the bleeding nostril every 10 minutes until the bleeding slows. If it does not slow down within 30 minutes, please call the office or after-hour phone line.*

### **Medication:**

- Resume your regular home medications.
- Except – do NOT take any aspirin, NSAIDS (e.g. Advil, Motrin, Aleve, Ibuprofen), vitamin E, fish oil, ginko biloba until cleared by Dr. Hahn.
- You may take Tylenol, if you need stronger pain control, you will be prescribed pain medication, please call the office if you are not experiencing adequate pain relief with your current medication
- If you are having nausea and vomiting, please let Dr. Hahn know, he will prescribe an anti-nausea medication.

Please don't hesitate to call the office at 410-821-515, day or night (there is an on-call physician outside of our office hours) if you have any questions. You may also communicate with Dr. Hahn via his email [samhahn@mdfacialplasticsurgery.com](mailto:samhahn@mdfacialplasticsurgery.com)